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| Your Breast Cancer Risk Your breast health journey starts with knowledge. Whether you’re concerned about your risk of breast cancer, have a history of breast cancer or other cancers in your family, or are curious about genetic testing, the first step is learning more about risk.  **Everyone is at risk of breast cancer, and some of us are at a higher risk than others.** Learning about your breast cancer risk can empower you to make important breast care decisions to take charge of your health. Breast Cancer Diagnosis If you’ve had an abnormal finding on a screening mammogram or other breast screening test or felt a lump in your breast, you’ll have follow-up tests. These tests may rule out breast cancer. If not, you’ll have a breast biopsy. A biopsy is the only test that can diagnose breast cancer. Most of the time, findings from a biopsy don’t turn out to be breast cancer.  If your biopsy shows breast cancer, learning about your breast cancer diagnosis will help you be an informed patient. There are many different types of breast cancer and your treatment will depend on your diagnosis. So, it’s important to understand your diagnosis and the factors that affect your prognosis and treatment, including breast cancer stage. This will help you make treatment decisions in partnership with your doctor. |  | C:\Users\adunn\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1AF539D8.tmp |  | **Here to Help**  **If you or a loved one has cancer, workplace protections including job protected leave and protection from discrimination help ensure you can prioritize the time and care needed for recovery without worrying about job security. For cancer survivors, workplace protections may help as you address challenges from lingering physical and mental impacts.**  **Southern University at New Orleans is committed to providing workers living with cancer, their caregivers, and cancer survivors with resources to understand their rights during this difficult time.**  The [**Family and Medical Leave Act (FMLA)**](https://screening.mentalhealthamerica.net/content/can-i-use-fmla-mental-health) can also help you get time off or other accommodations. Contact our dedicated Benefits Manager  **Angela M. Dunn**  **Benefits Manager, Human Resources**  Southern University at New Orleans  Emmett Bashful Administration Bldg., Room 317  6400 Press Drive  New Orleans, LA 70126  p: 504-286-5279  e: adunn[@suno.edu](mailto:ttaylor@suno.edu) |
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|  | | | | **Myth: Finding a lump in your breast means you have breast cancer**  **City, ST ZIP Code**  **Here’s the Truth:**  Only a small percentage of [breast lumps](https://www.nationalbreastcancer.org/breast-lump/) turn out to be cancer.  But if you discover a persistent lump in your breast that is new or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a [clinical breast exam](https://www.nationalbreastcancer.org/clinical-breast-exam). He or she may possibly order breast imaging studies to determine if this lump is of concern or not.  Take charge of your health by performing routine [breast self-exams](https://www.nationalbreastcancer.org/breast-self-exam), establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine [screening  mammograms](https://www.nationalbreastcancer.org/mammogram/). | |
| Myth: Men do not get breast cancer; it affects women only **Here’s The Truth:**  Quite the contrary, this year it is estimated that approximately 2,800 men will be diagnosed with breast cancer and 530 will die. While this percentage is still small, men should also check themselves periodically by doing a [breast self-exam](https://www.nationalbreastcancer.org/breast-self-exam) while in the shower and reporting any changes to their physicians.  [Breast cancer in men](https://www.nationalbreastcancer.org/male-breast-cancer) is usually detected as a [hard lump](https://www.nationalbreastcancer.org/breast-lump/) underneath the nipple and areola.  Men carry a higher mortality than women do, by 25%, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. |  | Breast Cancer Screening & Early Detection Breast cancer screening and early detection play an important role in your health. Screening tests can help detect breast cancer at an early stage when the chances of survival are highest.  Whether you’re ready to get your first screening mammogram or want to know more about follow-up tests after an abnormal finding, learning about breast cancer screening tests and the importance of early breast cancer detection can help you take charge of your health. |  | |  | |
| **Breast Cancer Awareness Month**  October can feel different for each of us — some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here’s what you need to know about Breast Cancer Awareness Month. | |

# Employee Benefits Fair

**October 12- 9 a.m.- 5 p.m –** **First Floor Administration Bldg. October 24 - 9 a.m. or 2 p.m.**

* Voya **UNO (University Center Ballroom), 2000 Lakeshore Drive**
* **October 17 – 9am- 5pm University Center** Office of Group Benefits
* Crecent Care Ochsner Health Center- SUNO
* Globe life
* New York Life

**October 23- 9 a.m.- 2 p.m.**

* Aflac- First Floor Administration Bldg.